

7 a processor to evaluate said measured performance based on predetermined criteria
8 and produce information associated with performance results and a level of said physical skill of said
9 subject with respect to said physical activity; and

10 an information device to provide said information to said subject relating to said
11 performance of said physical activity; and

12 an information system in communication via a network with said activity processing system
13 to provide said information to an instructor, wherein said information device provides feedback
14 information to said subject based on said performance results, and wherein said feedback
15 information is associated with modifying subject performance of said physical activity to enhance
16 performance results and said subject physical skill level.

1 81(New). The network training system of claim 80, wherein said physical activity is a
2 firearm activity.

1 82(New). The network training system of claim 81, wherein said activity measuring
2 device includes a laser-detecting target to detect impact locations thereon of a laser beam emitted
3 from a laser-transmitting firearm actuated by said subject.

1 83(New). The network training system of claim 82, wherein said target includes a
2 detector to measure a distance between said firearm and said target to verify proper conditions for
3 performance of said firearm activity.

1 84(New). The network training system of claim 80, wherein said physical activity
2 includes application of cognitive knowledge of said subject and said feedback information is further
3 associated with increasing said subject cognitive knowledge to enhance said performance results and
4 said subject physical skill level.

1 85(New). The network training system of claim 84, wherein said physical activity is a
2 firearm activity and said cognitive knowledge relates to operation of a firearm.

1 86(New). The network training system of claim 80, wherein said information device is
2 at least one of a display and a printing device.

1 87(New). The network training system of claim 80 further including a plurality of said
2 activity processing systems each associated with a corresponding subject, wherein said activity
3 processing systems are in communication with each other and said information system via said
4 network to facilitate joint training of plural subjects.

1 88(New). The network training system of claim 80, wherein said processor includes a
2 storage module to store said produced information for retrieval and analysis.

1 89(New). The network training system of claim 80, further including a plurality of
2 information systems each located at a corresponding site and in communication with said activity
3 processing system via said network to provide said information to at least one interested party at said

4 corresponding site.

1 90(New). The network training system of claim 80, wherein said processor includes a
2 subject module to store for a subject said information related to each performance of said physical
3 activity by that subject in order to maintain performance history information for that subject.

1 91(New). The network training system of claim 80, wherein said processor includes an
2 identification module to identify a subject and monitor subject utilization of said system.

1 92(New). The network training system of claim 80, wherein said information associated
2 with performance results indicates a degree of compliance with said predetermined criteria.

1 93(New). The network training system of claim 80, wherein said predetermined criteria
2 include at least one standard level of performance associated with said physical activity.

1 94(New). A training system to enhance a physical skill of a subject with respect to
2 performance of a physical activity comprising:

3 an activity processing system to facilitate and measure performance of said physical activity
4 by said subject, said activity processing system including:

5 an activity measuring device to measure performance of said physical activity by said
6 subject;

7 a processor to evaluate said measured performance based on predetermined criteria

8 and to produce information associated with performance results and a level of said physical skill of
9 said subject with respect to said physical activity and feedback information associated with
10 modifying subject performance of said physical activity to enhance performance results and said
11 subject physical skill level; and

12 an information device to provide said information and said feedback information to
13 said subject.

1 95(New). The training system of claim 94, wherein said physical activity is a firearm
2 activity.

1 96(New). The training system of claim 95, wherein said activity measuring device
2 includes a laser-detecting target to detect impact locations thereon of a laser beam emitted from a
3 laser-transmitting firearm actuated by said subject.

1 97(New). The training system of claim 96, wherein said target includes a detector to
2 measure a distance between said firearm and said target to verify proper conditions for performance
3 of said firearm activity.

1 98(New). The training system of claim 94, wherein performance of said physical activity
2 includes application of cognitive knowledge of said subject and said feedback information increases
3 said subject cognitive knowledge to enhance said performance results and said subject physical skill
4 level.

1 99(New). The training system of claim 98, wherein said physical activity is a firearm
2 activity and said cognitive knowledge relates to operation of a firearm.

1 100(New). The training system of claim 94, wherein said information device is at least
2 one of a display and a printing device.

1 101(New). The training system of claim 94 further including a plurality of said activity
2 processing systems each associated with a corresponding subject, wherein said activity processing
3 systems are in communication with each other via said network to facilitate joint training of plural
4 subjects.

1 102(New). The training system of claim 94, wherein said processor includes a storage
2 module to store said produced information for retrieval and analysis.

1 103(New). The training system of claim 94, further including at least one information
2 system each located at a corresponding site and in communication with said activity processing
3 system via a network to provide said information to at least one interested party at said
4 corresponding site.

1 104(New). The training system of claim 94, wherein said processor includes a subject
2 module to store for a subject said information related to each performance of said physical activity
3 by that subject in order to maintain performance history information for that subject.

1 105(New). The training system of claim 94, wherein said processor includes an
2 identification module to identify a subject and monitor subject utilization of said training system.

1 106(New). The training system of claim 94, wherein said information associated with
2 performance results indicates a degree of compliance with said predetermined criteria.

1 107(New). The training system of claim 94, wherein said predetermined criteria include
2 at least one standard level of performance associated with said physical activity.

1 108(New). A network system for facilitating a competition between remote participants
2 performing a physical activity comprising:

3 a plurality of activity processing systems in communication via a network, wherein each
4 activity processing system facilitates and measures performance of said physical activity by a
5 corresponding participant and includes:

6 an activity measuring device to measure performance of said physical activity by said
7 corresponding participant;

8 a processor to evaluate said measured performance and produce information
9 associated with performance results and a skill level of said corresponding participant with respect
10 to said physical activity; and

11 an information device to provide said information of each participant to said
12 corresponding participant during performance of said physical activity, wherein said activity
13 processing systems communicate said information associated with a corresponding participant via

14 said network.

1 109(New). The system of claim 108, further comprising:

2 a control system in communication with said plurality of activity processing systems via said
3 network to control transfer of said corresponding participant information between said activity
4 processing systems.

1 110(New). The system of claim 108, wherein said competition is a firearm competition

2 and said physical activity is a firearm activity.

1 111(New). The system of claim 110, wherein said measuring device of each activity

2 processing system includes a laser-detecting target to detect impact locations thereon of a laser beam
3 emitted from a laser-transmitting firearm actuated by said corresponding participant.

1 112(New). The system of claim 111, wherein said target of each activity processing

2 system includes a detector to measure a distance between said firearm and said target to verify proper
3 conditions for performance of said firearm activity.

1 113(New). The system of claim 108, wherein said information device of each activity

2 processing system includes at least one of a display and a printing device.

1 114(New). The system of claim 108, wherein said processor of each activity processing

2 system includes a storage module to store said produced information for retrieval and analysis.

1 115(New). The system of claim 108, further including at least one information system
2 each located at a corresponding site and in communication with at least one activity processing
3 system via said network to provide said information to at least one interested party at said
4 corresponding site.

1 116(New). The system of claim 108, wherein said processor of each activity processing
2 system includes a participant module to store for a corresponding participant said information related
3 to each performance of said physical activity by that participant in order to maintain performance
4 history information for that participant.

1 117(New). The system of claim 108, wherein said processor of each activity processing
2 system includes an identification module to identify a participant and monitor participant utilization
3 of said network system.

1 118(New). The system of claim 108, wherein said information associated with
2 performance results includes a score value achieved by said participant for said competition, and said
3 information device provides said score value of each participant to said corresponding participant,
4 thereby indicating the status of each participant within the competition relative to the remaining
5 participants.

1 119(New). The system of claim 108 further including at least one information system
2 each located at a corresponding site and in communication with at least one activity processing
3 system via said network to provide said information to at least one interested party at said
4 corresponding site, wherein said information associated with performance results includes a score
5 value achieved by said participant for said competition, and said at least one information system
6 receives said score value of each participant, thereby indicating the status of each participant within
7 the competition relative to the remaining participants.

1 120(New). A method of enhancing a physical skill of a subject with respect to
2 performance of a physical activity, wherein an activity processing system facilitates and measures
3 performance of said physical activity by said subject and includes an activity measuring device, a
4 processor and an information device, said method comprising the steps of:
5 (a) measuring performance of said physical activity by said subject via said activity
6 measuring device;
7 (b) evaluating said measured performance based on predetermined criteria, via said
8 processor, and producing information associated with performance results and a level of said
9 physical skill of said subject with respect to said physical activity;
10 (c) providing said information to an instructor by an information system in
11 communication with said activity processing system via a network; and
12 (d) providing said information and feedback information to said subject via said
13 information device, wherein said feedback information is associated with modifying subject
14 performance of said physical activity to enhance performance results and said subject physical skill

15 level.

1 121(New). The method of claim 120, wherein said physical activity is a firearm activity.

1 122(New). The method of claim 121, wherein said activity measuring device includes a
2 laser-detecting target, and step (a) further includes:

3 (a.1) detecting impact locations on said target of a laser beam emitted from a laser-
4 transmitting firearm actuated by said subject.



123(New). The method of claim 122, wherein said target includes a detector, and step

2 (a.1) further includes:

3 (a.1.1) measuring a distance between said firearm and said target, via said detector, to verify
4 proper conditions for performance of said firearm activity.

1 124(New). The method of claim 120, wherein said physical activity includes application
2 of cognitive knowledge of said subject and said feedback information is further associated with
3 increasing said subject cognitive knowledge to enhance said performance results and said subject
4 physical skill level.

1 125(New). The method of claim 124, wherein said physical activity is a firearm activity
2 and said cognitive knowledge relates to operation of a firearm.

1 126(New). The method of claim 120, wherein a plurality of said activity processing
2 systems are each associated with a corresponding subject and in communication with each other and
3 said information system via said network to facilitate joint training with plural subjects, and step (a)
4 further includes:

5 (a.1) measuring performance of said physical activity by a corresponding subject via a
6 corresponding activity measuring device;

7 step (b) further includes:

8 (b.1) evaluating said measured performance of said corresponding subject based on said
9 predetermined criteria, via said processor of a corresponding activity processing system, and
10 producing information associated with performance results and a level of said physical skill of said
11 corresponding subject with respect to said physical activity;

12 step (c) further includes:

13 (c.1) providing said information to an instructor by said information system in
14 communication with said activity processing systems via said network; and

15 step (d) further includes:

16 (d.1) providing said information and feedback information to said corresponding subject
17 via said information device of a corresponding activity processing system, wherein said feedback
18 information is associated with modifying subject performance of said physical activity to enhance
19 performance results and said corresponding subject physical skill level.

1 127(New). The method of claim 120, wherein step (b) further includes:

2 (b.1) storing said produced information for retrieval and analysis.

1 128(New). The method of claim 120, wherein a plurality of information systems are in
2 communication with said activity processing system via said network with each information system
3 located at a corresponding site, and step (c) further includes:

4 (c.1) providing said information to at least one interested party at said corresponding site
5 via a corresponding information processing system.

1 129(New). The method of claim 120, wherein step (b) further includes:
2 (b.1) storing for a subject said information related to each performance of said physical
3 activity by that subject in order to maintain performance history information for that subject.

2 130(New). The method of claim 120, wherein step (a) further includes:
3 (a.1) identifying a subject, via said processor, and monitoring subject utilization of said
activity processing system.

1 131(New). The method of claim 120, wherein step (b) further includes:
2 (b.1) producing said information associated with performance results including a degree
3 of compliance with said predetermined criteria.

1 132(New). The method of claim 120, wherein said predetermined criteria include at least
2 one standard level of performance associated with said physical activity.

1 133(New). A method of enhancing a physical skill of a subject with respect to

2 performance of a physical activity via an activity processing system including an activity measuring
3 device, a processor and an information device, said method comprising the steps of:

4 (a) measuring performance of said physical activity by said subject via said activity
5 measuring device;

6 (b) evaluating said measured performance based on predetermined criteria via said
7 processor and producing information associated with performance results and a level of said physical
8 skill of said subject with respect to said physical activity and feedback information associated with
9 modifying subject performance of said physical activity to enhance performance results and said
10 subject physical skill level; and

11 (c) providing said information and said feedback information to said subject via said
12 information device.

 1 134(New). The method of claim 133, wherein said physical activity is a firearm activity.

1 135(New). The method of claim 134, wherein said activity measuring device includes a
2 laser-detecting target, and step (a) further includes:

3 (a.1) detecting impact locations on said target of a laser beam emitted from a laser-
4 transmitting firearm actuated by said subject.

1 136(New). The method of claim 135, wherein said target includes a detector, and step
2 (a.1) further includes:

3 (a.1.1) measuring a distance between said firearm and said target, via said detector, to verify

4 proper conditions for performance of said firearm activity.

1 137(New). The method of claim 133, wherein performance of said physical activity
2 includes application of cognitive knowledge of said subject and said feedback information increases
3 said subject cognitive knowledge to enhance said performance results and said subject physical skill
4 level.

1 138(New). The method of claim 137, wherein said physical activity is a firearm activity
2 and said cognitive knowledge relates to operation of a firearm.

1 139(New). The method of claim 133, wherein a plurality of said activity processing
2 systems are each associated with a corresponding subject and in communication with each other via
3 a network to facilitate joint training of plural subjects, wherein step (a) further includes:

4 (a.1) measuring performance of said physical activity by a corresponding subject via a
5 corresponding activity measuring device;

6 step (b) further includes:

7 (b.1) evaluating said measured performance of said corresponding subject based on said
8 predetermined criteria, via said processor of a corresponding activity processing system, and
9 producing information associated with performance results and a level of said physical skill of said
10 corresponding subject with respect to said physical activity; and

11 step (c) further includes:

12 (c.1) providing said information and feedback information to said corresponding subject

13 via said information device of a corresponding activity processing system, wherein said feedback
14 information is associated with modifying subject performance of said physical activity to enhance
15 performance results and said corresponding subject physical skill level.

1 140(New). The method of claim 133, wherein step (b) further includes:

2 (b.1) storing said produced information for retrieval and analysis.

1 141(New). The method of claim 133, wherein at least one information system is in
2 communication with said activity processing system via a network with each information system
3 located at a corresponding site, and step (c) further includes:

4 (c.1) providing said information to at least one interested party at said corresponding site
5 via a corresponding information system.

1 142(New). The method of claim 133, wherein step (b) further includes:

2 (b.1) storing for a subject said information related to each performance of said physical
3 activity by that subject in order to maintain performance history information for that subject.

1 143(New). The method of claim 133, wherein step (a) further includes:

2 (a.1) identifying a subject, via said processor, and monitoring subject utilization of said
3 activity processing system.

1 144(New). The method of claim 133, wherein step (b) further includes:

2 (b.1) producing said information associated with performance results including a degree
3 of compliance with said predetermined criteria.

1 145(New). The method of claim 133, wherein said predetermined criteria include at least
2 one standard level of performance associated with said physical activity.

1 146(New). A method of facilitating a competition over a network between remote
2 participants performing a physical activity, wherein a plurality of activity processing systems
3 communicate via said network and each include an activity measuring device, a processor and an
4 information device, said method comprising the steps of:

5 (a) measuring performance of said physical activity by a corresponding participant via
6 a corresponding activity measuring device;

7 (b) evaluating said measured performance and producing information associated with
8 performance results and a skill level of said corresponding participant with respect to said physical
9 activity via a corresponding processor;

10 (c) communicating said information associated with a corresponding participant via said
11 network; and

12 (d) providing said information of each participant to said corresponding participant
13 during performance of said physical activity via a corresponding information device.

1 147(New). The method of claim 146, wherein a control system is in communication with
2 said plurality of activity processing systems via said network, and step (c) further includes:

3 (c.1) controlling transfer of said corresponding participant information between said
4 activity processing systems via said control system.

1 148(New). The method of claim 146, wherein said competition is a firearm competition
2 and said physical activity is a firearm activity.

1 149(New). The method of claim 146, wherein said measuring device of each activity
2 processing system includes a laser-detecting target, and step (a) further includes:

3 (a.1) detecting impact locations on said target of a laser beam emitted from a laser-
4 transmitting firearm actuated by said corresponding participant.

1 150(New). The method of claim 149, wherein said target of each activity processing
2 system includes a detector, and step (a.1) further includes:
3 (a.1.1) measuring a distance between said target and a corresponding firearm to verify proper
4 conditions for performance of said firearm activity.

1 151(New). The method of claim 146, wherein step (b) further includes:
2 (b.1) storing said produced information for retrieval and analysis.

1 152(New). The method of claim 146, wherein at least one information system is in
2 communication with at least one activity processing system via said network with each information
3 system located at a corresponding site, and step (c) further includes:

4 (c.1) providing said information to at least one interested party at said corresponding site
5 via a corresponding information system.

1 153(New). The method of claim 146, wherein step (b) further includes:
2 (b.1) storing for a corresponding participant said information related to each performance
3 of said physical activity by that participant in order to maintain performance history information for
4 that participant.

1 154(New). The method of claim 146, wherein step (a) further includes:
2 (a.1) identifying a participant, via a processor of a corresponding activity processing
3 system, and monitoring participant utilization of that activity processing system.

1 155(New). The method of claim 146, wherein said information associated with
2 performance results includes a score value achieved by a corresponding participant for said
3 competition, and step (d) further includes:
4 (d.1) providing said score value of each participant to said corresponding participant via
5 said information device of a corresponding activity processing system, thereby indicating the status
6 of each participant within the competition relative to the remaining participants.

1 156(New). The method of claim 146, wherein at least one information system is in
2 communication with at least one activity processing system via said network with each information
3 system located at a corresponding site, and step (c) further includes:

4 (c.1) providing said information to at least one interested party at said corresponding site
5 via a corresponding information system, wherein said information associated with a corresponding
6 participant includes a score value achieved by that participant for said competition, and said at least
7 one information system receives said score value of each participant, thereby indicating the status
8 of each participant within the competition relative to the remaining participants.--